

October 19, 2005

Pumpkins for Halloween and Pie

Please pickup and checkoff your share at 714 W Iowa in Urbana or 701 W Washington in Champaign between 4 and 7 pm today (use the garage service doors). Remember, eggs must be pre-ordered and paid. To order, call 815.432.6238.

From the Farm

The shares are starting to look more "fallish" this week with the addition of pie pumpkins and sweet potatoes. Low temperatures are headed in later this week, but cloud cover may help us avert heavy frost once again and bring some needed rain to the rye mulch/green manure that will hold the soil in place and provide nutrients for next year's vegetables.

2006 Shares Selling Fast

With only four weeks left in the 2005 season, time is slipping away to reserve your share for 2006. As always, you can pay in installments. To reserve your share, see: www.prairienet.org/pcsa/contracts.html Please make checks payable to PCSA and mail to PCSA, PO Box 1404, Champaign, IL 61824-1404. If you know that you will not be returning, please let us know this as well. Thanks.

Hay Fund Reaches 75% Mark

We are still hoping to do a fundraising dinner at a local restaurant and/or dj show. If you would like to assist with the planning/management/or marketing of these or have ideas for other fundraisers, please call 355-6279 or email info@prairielandcsa.org

Organic Standards Still Need Your Help

See www.organicconsumers.org/sos.cfm for an update.

Fruit for Winter

We are talking with FruitShare about getting fruit shares for the winter. Ideally we need 100 people between PCSA, Fruited Plain, and Common Ground Food Coop to make this possible.

Schedule and offerings are as follows:

Early November: Pear (Mixed Varieties)

Late November: Apple (Mixed Varieties)

Early December: Clementine/Mandarin

Late December: Navel Orange

Early January: Grapefruit

Late January: Specialty Citrus

Early February: Tangerine

Late February: Minneola/Blood Orange

FruitShare has worked with other IL CSAs and delivers excellent quality produce. Smaller fruits are in 10 pound boxes, larger like grapefruit are in 20 pound. Cost is \$200 plus shipping. We will have firm shipping numbers next week. Let me know if you are interested at 355-6279 or by email info@prairielandcsa.org Alternatively, we can order citrus samplers to be shipped in December and January for \$100 plus shipping. For more info on FruitShare see <http://www.fruitshare.com/products.htm>

In Your Share Today

Today you'll find pie pumpkins, sweet potatoes, eggplant (shareholder's choice), broccoli, carrots, 2 kinds of peppers, and red potatoes.

Storage and Recipe Suggestions

Pie Pumpkins

To cook, split pumpkin in half, use a spoon to remove seeds. Brush inside flesh with oil or butter. Bake at 375 degrees for an hour or until tender. Remove peel. Cube or puree pumpkin flesh for recipes. Take a tip from our favorite jail bird Martha Stewart who advises salting and peppering pumpkins and squash, roasting them, finely cubing them, and tossing with thyme and/or rosemary over pasta with ricotta cheese. For additional recipes, see <http://www.urbanext.uiuc.edu/pumpkins/recipes.html>

Sweet Potatoes

Do not store with your red potatoes or they will cause them to sprout. Less is more with sweet potatoes. Bake them like regular potatoes. Dress with butter and brown sugar or salt and pepper. Alternatively, cut them into lengthwise spears brush with olive oil and sprinkle with salt and pepper and any herbs like thyme or rosemary and roast until tender in a shallow roasting pan or pyrex dish at 350 degrees until crisp on the outside and tender on the inside. Mixtures of roasted cubed sweet potatoes and regular potatoes are good, as well.

Red Potatoes

You may have notices that these are coming bagged with the dirt on. Why? Unwashed potatoes keep longer than washed potatoes, especially with the warmer weather we've had lately. Leave them unwashed if you are stockpiling potatoes for Thanksgiving.

Hot Peppers

Add these to stir fry or salsa for zip. If you aren't using them right away, air dry them for later use.

Sweet Peppers

Slice for salads or add to stir fry.

If you have recipe suggestions, please email info@prairielandcsa.org or call 355-6279.